

How to Estimate Skin Type

Determination Based on Hereditary Disposition

| | 0 | 1 | 2 | 3 | 4 | Points |
|---------------|----------------------------|----------------------|------------------------|-------------|----------------|--------|
| Eye Color | Light blue, gray, or green | Blue, gray, or green | Blue | Dark brown | Brownish black | |
| Hair Color | Sandy red | Blond | Chestnut or dark blond | Dark brown | Black | |
| Color of Skin | Reddish | Very pale | Pale with beige tint | Light brown | Dark brown | |
| Freckles | Many | Several | Few | Incidental | None | |

Determination Based on Tanning History

| | 0 | 1 | 2 | 3 | 4 | Points |
|---|--------------------------------------|--------------------------------|-----------------------------|------------------|--------------------------|--------|
| What happens when you stay in the sun too long? | Painful redness, peeling, blistering | Burns regularly with peeling | Burns sometime with peeling | Burns rarely | Never burns | |
| To what degree do you turn brown? | Hardly or not at all brown | Tans a little with light color | Tans moderately | Tans very easily | Quickly turns dark brown | |
| Do you turn brown immediately after tanning? | Never | Hardly | Sometime | Often | Always | |
| How does your face react to the sun? | Very sensitive | Sensitive | Normal | Barely sensitive | Never a problem | |

| |
|---------------------|
| |
| TOTAL POINTS |

| TOTAL POINTS | SKIN TYPE | SKIN REACTIONS TO THE SUN |
|--------------|-----------|--|
| 0-7 | I | Burns easily and severely; peels and does not tan |
| 8-16 | II | Burns easily and severely; tans minimally or lightly |
| 17-25 | III | Burns moderately; tans about average |
| 25 or more | IV | Burns minimally; tans easily and above average |